

Helpful Resources

Additional places to access both information and resources include the following list of statewide organizations:

Brain Injury Association of MI

1-800-772-4323 www.biami.org

MI Protection and Advocacy

1-800-288-5923 www.mpas.org

MI Legal Services

1-800-875-4130 www.mlan.net

Social Security Disability

1-800-772-1213 www.ssa.gov

MI Child

(children's health insurance program)

1-888-988-6300 www.michigan.gov
Search for "MI Child"

Children's Special Health Care Services

1-800-359-3722 www.michigan.gov
Search for "CSHCS"

MI Works!

1-800-285-9675 www.michworks.org

MI Resource Center

(provides access to Substance Abuse Coordinating Agency)

1-800-626-4636 www.wearemerc.org

MI Self Help Clearinghouse

1-800-777-5556

MI Rehabilitation Services

1-800-605-6722 www.michigan.gov
Search for "MRS"

MI Association of Centers for Independent Living

1-888-255-2457 www.michigan.gov
Search for
"Independent Living"

Crime Victim Compensation Program

1-517-373-7373 www.michigan.gov
Search for "Crime
Victim Rights"

Information and resources are also available to you at the local/community level. The following resources can be found in your local phone book:

Intermediate School District
Community Mental Health
County Health Department
Center for Independent Living (CIL)
Family Independence Agency
(provides access to Medicaid)
MI Choice Waiver

The Michigan Resource Guide for Persons with Traumatic Brain Injury and their Families is a comprehensive guide created to help link persons with TBI and their families to state and local services. To order a copy of the *Guide*, call the Brain Injury Association of Michigan (BIAMI) at 1-800-772-4323, or download these materials at www.michigan.gov/mdch. Search for "traumatic brain injury." This brochure and the *Guide* are also available in Spanish and Arabic.

The reprinting of this brochure is supported in part by Grant 5 H21 MC 00039-02 from the Department of Health and Human Services (DHHS) Health Resources and Services Administration, Maternal and Child Health Bureau. The contents are the sole responsibility of the authors and do not necessarily represent the official views of DHHS.



Resources for Persons with Brain Injury and their Families



Sponsored by:
Michigan Department of
Community Health



Prepared by:
Center for Collaborative
Research in Health
Outcomes & Policy



You or someone in your family may have a brain injury. If so, you may have questions or concerns about the characteristics of brain injury and how to find resources in Michigan to help you with this condition. This brochure may help you identify the impairments and changes associated with brain injury, and help you find assistance.

Brain Injury Defined

A brain injury refers to anything that causes brain cell death and loss of function. Primary causes of brain injuries are falls, motor vehicle crashes, assaults, and medical/surgical injuries including anoxia (loss of oxygen to the brain). [For more information regarding brain injury, refer to www.biausa.org]

Characteristics of Brain Injury¹

Just as each individual is unique, so is each brain injury. Physical disabilities, impaired learning and memory loss are common. These impairments may be temporary or permanent. Frequently reported problems include:

Physical

- Altered speech
- Decreased hearing
- Paralysis
- Severe headaches
- Poor vision
- Seizure disorder

- Muscle spasms
- Reduced endurance

Cognitive Impairments

- Decreased concentration
- Decreased attention
- Altered perception
- Difficulty planning
- Impaired communication skills
- Decreased writing skills
- Decreased short term memory
- Decreased long term memory
- Decreased judgement
- Difficulty sequencing
- Decreased reading skills
- Disorientation
- Decreased problem solving skills
- Decreased personal safety skills

Behavioral/Emotional Changes

- Heightened fatigue
- Increased anxiety
- Low self esteem
- Increased restlessness
- Increased agitation
- Increased mood swings
- Excessive emotions
- Depression
- Sexual dysfunction
- Lack of motivation
- Inability to cope
- Self-centeredness
- Decreased emotional control
- Increased frustration
- Anger control problems

Available Support Services

We hope this guide will help you find the supports you need. Some support services you may be eligible for include:

- Personal assistance
- Home care
- Assistive technology
- Adaptive equipment
- Home modifications
- Transportation
- Vocational rehabilitation
- Respite care
- Advocacy
- Leisure and recreation
- Legal
- Housing
- Financial
- Professional therapies
- Health
- Counseling
- Support groups
- Education and training
- Family education

Finding Supports

The supports you need may vary depending on the severity of and time since injury. You may find supports by contacting any of the following resources:

- Private insurance/health plan
- Public programs (such as MI Choice Waiver, Medicaid, Family Independence Agency, Community Mental Health)
- County Health Department
- Local hospital (Rehabilitation or Community Education Dept.)
- Workers Compensation
- No Fault Auto Insurance

¹Brain Injury Association of Michigan.